



Fort Sam Houston

# News Leader®



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Fort Sam Houston — Home of Army Medicine

February 21, 2002

## Briefs

### **Black History Month Luncheon, Feb. 25**

A luncheon celebrating Black History Month will be held Feb. 25 at 11:30 a.m. at the NCO Club. Cost is \$8 per person. For tickets, see your Equal Opportunity Advisor.

### **Newcomers' Extravaganza, Feb. 26**

All newcomers, soldiers, civilians and family members are invited to the Newcomers' Extravaganza at the Roadrunner Community Center at 9 a.m. Attendance is mandatory for incoming soldiers in rank of Lt. Col. and below within 60 days of arrival at Fort Sam Houston. For information call the Army Community Service at 221-2705 or 2418.

### **FSH ISD Board meeting Feb. 28**

The Fort Sam Houston ISD Board of Trustees will meet Feb. 28 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

### **MEDCOM celebrates Black History Month, Feb. 28**

Medical Command will celebrate Black History Month on Feb. 28 at 10 a.m. in Bldg. 2792, second floor, Marvin Wood Auditorium. The public is invited.

### **"It's Not Easy Being Green," Conference, March 1**

A conference for spouses by spouses will be held at the Roadrunner Community Center from 7:45 a.m. to 2:30 p.m. See page 4 for more information.

### **Foulois Ceremony, March 4**

The Military Order of the Daedalians will sponsor a ceremony to commemorate the 92<sup>nd</sup> anniversary of the Foulois flight. The ceremony will be held March 4 at 11 a.m. at the main post flagpole. The public is invited.



Photo by Esther Garcia

▲Army Veteran Staff Sgt. Wallace Wright receives a visit from Fort Sam Houston ambassadors Staff Sgt. Matthew Bright, assigned to C Company, 187th Medical Battalion and Staff Sgt. Lorena Lewis, instructor for the Basic Noncommissioned Officers Course, NCO Academy, during the National Salute to Hospitalized Veterans on Feb. 14. In the background are 90th RSG Army Reserve ambassadors Sgt. 1st Class Chris Robert and Sgt. Susanna Ortiz.

## Salute to hospitalized veterans

By Esther Garcia  
Fort Sam Houston Public Affairs

Have you ever wanted to hear a good war story? All you have to do is visit one of the hospitalized veterans at the Audie L. Murphy Memorial Veterans Hospital to hear one. "There is so much history here, and their eyes brighten as they look at our uniforms and they reminisce about their days," said Staff

Sgt. Lorena Lewis. Lewis, an NCO Academy instructor for the Basic Non-commissioned Officer Course and a Fort Sam Houston ambassador, will represent the Army during Fiesta activities in San Antonio. She visited veterans as part of the annual National Salute to Hospitalized Veterans held Feb. 14.

This program offers the community an opportunity to visit veterans and say thank you for their service. The Veterans

Administration encourages visits to one of the South Texas Veterans Health Care System's facilities as a way for the military to become aware of the programs offered to veterans and interest service members in becoming regular visitors for veteran patients.

"That's where the seven Army corps values live each day. An experience that I won't forget," said Staff Sgt. Matthew

See **Veterans** on Page 8

## DoD, TRICARE play big roles in planning

By Gerry J. Gilmore  
American Forces Press Service

TRICARE personnel and assets are playing a big part in DoD's preparedness plans in support of other federal, state and local emergency medical response teams in dealing with possible terrorist acts committed on American soil, a senior DoD official said Feb. 12.

Ellen P. Embrey, DoD's new deputy assistant secretary of defense for force health protection and readiness, outlined the president's homeland security goals and plans and steps participants of the annual TRICARE conference can take to support them. She advises the assistant secretary of defense for health affairs on all DoD medical readiness and deployment medicine policies and activities, and national medical disaster support.

"As the direct provider of beneficiary care and a respected military health professional in your local community, you will be asked to participate in local, city, county or statewide disaster and terrorism



emergency management contingency planning and exercise activities," she said.

Former Pennsylvania Gov. Tom Ridge, director of the Office of Homeland Security, coordinates and implements national homeland security strategy, Embrey noted.

In his fiscal 2003 budget request, she said, President Bush called for \$38 billion to support homeland security efforts contained in four key objectives: support first responders first; defend against bioterrorism; secure America's borders; and use 21st century technology to secure the homeland.

Embrey told conference attendees the  
See **DoD** on Page 5

## 440<sup>th</sup> Blood Support Detachment soldiers deploy

By Sgt. Luis O. Trinidad  
Special to the News Leader

The newly formed 440<sup>th</sup> Blood Support Detachment, Provisional, attached to the 147<sup>th</sup> Medical Logistics Battalion, recently deployed two elements to Uzbekistan and Bahrain in support of Operation Enduring Freedom. Both teams are comprised of 91K, Medical Laboratory Technicians.

The first team, which includes three soldiers, headed by Staff Sgt. Joretha Carodine, deployed to Karshi Khanabad, Uzbekistan. They will be responsible for performing quality control on blood products received from the U.S., as well as maintaining an on-hand inventory of blood for distribution to customers in that theater.



Courtesy photo

In addition, the team will be performing emergency blood collections, as needed.

See **Deploy** on Page 3



# Initial entry soldiers eligible to earn new privileges

By Col. Kenneth R. Crook  
Special to the News Leader

Center Brigade will implement a new program of progressive privileges and limitations for soldiers in initial entry training. The purpose of this program is to facilitate the transformation of trainees to soldiers through a graduated process of increasing responsibilities and reducing direct supervision and control to a near permanent party status.

The Center Brigade's IET goal is to provide the Army with trained and ready medical soldiers capable of sustaining the force and surviving on the battlefield. Trained and ready means: Soldiers who are MOS qualified, rapidly integrate and immediately contribute to the unit's mission upon arrival,

embrace Army Values, are mentally and physically fit, understand the importance of teamwork and work as a member of a team. The process of providing trained and ready soldiers who can rapidly integrate and immediately contribute to their unit requires that soldiers earn privileges on a graduated scale commensurate with their ability to assume responsibility. Phased training in IET provides the foundation for this process.

Initial Entry Training is divided into five phases. Phases I through III are conducted at Basic Combat Training between weeks one through nine. Phases IV and V are conducted at Advanced Individual Training and begin at week 10 and continue through week 20 or when the soldier completes IET (awarded their initial military

occupational specialty).

To facilitate the transformation of trainees to soldiers, soldiers may also participate in Phase V Plus from week 21 through the completion of IET. Soldiers in Phase V Plus may earn "near permanent party" privileges. Phases are associated with goals and provide intermediate objectives that serve as milestones and give common direction during IET. Movement between phases is viewed as "gate" for each soldier. Soldiers earn additional privileges and responsibilities as they move between phases. Phasing (advancement to the next phase) will be conducted with an appropriate ceremony at the company level.

Privileges are not rights—soldiers must earn them. Performance will be evaluated and privileges granted based on



Photo by Yolanda Hagberg

◀Sgt. 1<sup>st</sup> Class Carl Beatty, 187<sup>th</sup> drill sergeant manager, Center Brigade, pins the yellow Phase V Plus badge on Pvt. Kim Stephens, of B Company, 187th Medical Battalion. The yellow badge is for soldiers who are in the last phase of Initial Entry Training.

coordination with both company cadre and academic instructors. Soldiers must be in good academic standing to be eligible for advancement to Phase V

Plus. In addition to individual performance, the decision to award privileges will be based on mission and training requirements.

See *Privilege* Page 4

## Fort Sam Houston News Leader

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# ‘Super Server’ saves Army dollars, soldiers’ careers

Soldiers will see automated personnel files becoming more accurate, current

By Patrick Swan  
Amy News Service

A “Super Server” computer consolidation that saves the Army millions of dollars may also save soldiers’ careers.

In recent months, the U.S. Total Army Personnel Command has pared down its computer servers from more than four thousand to just 43, thereby saving the Army \$28 million in cost avoidance and 3,600 man-hours a day due to fewer errors, said Col. Pam Mitchell, chief, Field Systems Division, for PERSCOM.

“Having 43 servers versus 4,000 eliminates costly and time-consuming software loading,” Mitchell said. “Consolidating the servers is important to the Army because it eliminates the need for lower-echelon servers on an installation, while still providing commanders and soldiers the instant access they need. And it does so with much fewer errors, she said.

### What does this mean?

What the consolidation means for a typical installation, such as Fort Benning, Ga., is the avoidance of 50,000 database errors they do not have to fix in a given year.

What this means for soldiers is that they can count on their automated personnel files being more accurate and

current.

“This is very important to soldiers for promotions and career development,” Mitchell said. “Also, the Web interface means that any user can access the system from anywhere in the world where Internet access is available, with no special equipment requirement beyond a personal computer with a Web browser.”

“What PERSCOM is doing fits right in with the vision of Army Knowledge Management and just one of several personnel-transformation initiatives today,” said Lt. Col. Curtis H. Nutbrown, AKM Strategic Partnering, Army Chief Information Office/G6. “The Super Server approach provides soldiers the capability to access personnel information anytime, anyplace. It also allows PERSCOM to consolidate infostructure and use the Army Knowledge Online portal as the single gateway for information access and sharing.”

“The PERSCOM effort exemplifies the desire for the Army to take a more ‘enterprise’ approach in managing its information infrastructure (or ‘infostructure’), said Col. Mark Barnette, the director for Information Infrastructure Modernization with the Army’s Chief Information Office/G6. “This is an Army Knowledge Management

initiative that seeks to lower the total cost of ownership. It does this while enhancing performance and service for war fighters and business stewards.

Barnette said the PERSCOM’s effort reflects the Army’s ongoing initiative to: Consolidate servers and services with regional consolidation; improve the security and reliability of information technology services, maintain consistent levels of service and user support and reduce the costs of providing information technology services.

Mitchell said the goal is to reduce the 43 databases down to just one, which will occur with the fielding of the SIDPERS-3 replacement, eMILPO, later this year.

“This is a good thing because having all soldiers on one database will dramatically improve the ability to support soldiers deployed from multiple installations at one location,” Mitchell said. “It will also result in greater accuracy by reducing or eliminating duplicate claims for ‘ownership’ of the same soldier between two databases. And, perhaps most importantly, it will get us used to thinking differently — to thinking corporately — as we pave the way to the Defense Information Management Human Resources System,

*“Having 43 servers versus 4,000 eliminates costly and time-consuming software loading. Consolidating the servers is important to the Army because it eliminates the need for lower-echelon servers on an installation, while still providing commanders and soldiers the instant access they need. And it does so with much fewer errors.*

**Col. Pam Mitchell,  
Chief, Field Systems Division PERSCOM**

called DIMHRS for short, that is coming in just a couple of years.”

Before the present consolidation, the 4,000 servers gave commanders instant access to their databases and provided the means for users to update the personnel system, Mitchell said. Depending upon the size of the installation, the number of servers varied.

“We expect this to improve data accuracy by eliminating data synchronization problems and errors caused by the “layering,” or echeloning, of thousands of servers across the Army. This effort moves the Army toward a Web-based personnel automation system,” Mitchell said.

“Now, all users from the

same installation log into one database (via Web browser) and input their data,” Mitchell said. “We attributed previous internal errors to synchronization problems between echelons and, in some cases, a loss of transactions between echelons. Average field users did not easily understand the error messages, which were technical descriptions of illogical, blank or missing data. In most cases corrective action was identified only by trial and error.”

The 43 consolidated servers constitute the active Army’s field personnel database(s) of record, she added. “There is one for each PERSINS Processing Activity, or PPA, which you can loosely equate to an installation database.”

# Deployed soldiers to provide critical combat health service in support of Operation Enduring Freedom

From *Deploy* on Page 1

### Team Two

The second team, which includes eight soldiers from Brooke Army Medical Center, George Leonard Wood Army Community Hospital, and 424<sup>th</sup> Medical Logistics Battalion, Army Reserve from Pennsylvania, deployed to Bahrain. Under the supervision of Staff Sgt. Valerie Atwood, the group will be placed in several locations along the Central Command Region where they will provide blood administrative support as well as augment the current medical laboratory force.

“The 440<sup>th</sup> BSD is responsible for providing blood to joint and designated coalition medical treatment facilities in Operation Enduring Freedom. It is essential that we deploy these soldiers with the correct equipment and training to perform this critical combat health service support mission,” remarked Lt. Col. Christopher Harrington, commander of the 147<sup>th</sup> Medical

*“The 440<sup>th</sup> BSD is responsible for providing blood to joint and designated coalition medical treatment facilities in Operation Enduring Freedom. It is essential that we deploy these soldiers with the correct equipment and training to perform this critical combat health service support mission.”*

**Lt. Col. Christopher Harrington,  
Commander of the 147<sup>th</sup>  
Medical Logistics Battalion**

Logistics Battalion.

The rapid deployment of these groups involved a lot of coordination and hard work from several sources. “It was a great learning experience,” commented Pfc. Jack Brantley.

### Preparation

Upon receiving warning orders, soldiers were informed of the possible deployments. In preparation, the soldiers attended security threat briefings and

soldier readiness processing was scheduled to update wills, immunizations, and security clearances. Furthermore, an M-16 rifle range was scheduled for soldiers to zero with their assigned weapon, in order to obtain a proper target site picture. Country information packets were prepared and nuclear biological chemical equipment was issued. Soldiers were then issued desert camouflage uniforms and patches/name tags were ordered. In addition, passports and international licenses paperwork was submitted. These were just a few of the actions completed prior to the departure of the unit.

### Moving Equipment

The movement of equipment posed a different challenge. A pallet loading team was identified under the supervision of Sgt. 1st Class Jose Giusti, B Co. 147<sup>th</sup> Medical Logistics Battalion. The soldiers spent numerous hours configuring loads and adjusting them as the mission

changed. They received training and assistance from Air Force personnel in preparing the Deployment List and coordinating the movement of troops and equipment to their final destinations. Sgt. Judy Boutte, 440<sup>th</sup> BSD, and Sergeant Irving Council, B Co. 147<sup>th</sup>, identified hazardous materials and ensured that they were properly packaged and labeled. In addition, Sgt. Andre Ross, 440<sup>th</sup> BSD supply sergeant, worked diligently to research the supplies needed and ensured they arrived quickly. Sgt. Christopher Cheagle determined the detachment’s power requirements and packed their power distribution equipment.

### Support

In the spirit of support, the entire 440<sup>th</sup> BSD with the assistance of the 147<sup>th</sup> Medical Logistics Battalion worked as a team, in order to safely deploy soldiers in support of Operation Enduring Freedom.



### IT'S NOT EASY BEING GREEN

A Conference for Spouses by Spouses

Friday, March 1, 2002  
Roadrunner Community Center  
7:45 a.m. to 2:30 p.m.  
Child care available  
Lunch included  
\$5 registration fee  
First 100 to sign up receives special gift!

All ranks and all genders

For information call: 221-2705

## Soldiers earn privilege badges

Privilege from Page 2

Regardless of their status, all soldiers are prohibited from using any tobacco or alcohol products while in an IET status. Soldiers will wear colored phase badges to identify them as either Phase V or Phase V Plus, and which battalion they are assigned. The badges will be worn on the left front pocket of their battle dress uniform or carried in their purse or wallet when in civilian clothes. No badge will be worn during physical fitness training. Phase IV soldiers will not have a phase badge. Soldiers who attain Phase V status, normally weeks 14

through 20 of IET, will be issued green badges. Phase V soldiers will be accompanied by a Battle Buddy when in the presence of a cadre member/instructor and/or when outdoors during hours of darkness. Duty uniform is BDUs with pistol belt, canteen, poncho and gold colored Phase V badges. The Phase V badge will be worn on left front pocket of the BDU. Phase V soldiers are authorized to wear civilian clothes during personal time and are authorized on and off-post pass privileges. They are not authorized to drive or ride in a privately owned vehicle or rental car without the approval of the company commander.

*It's Not Easy Being Green*  
*Spouse Development Conference*  
1 March 2002, 0745-1430, Roadrunner Community Center  
**REGISTRATION FORM (Submit by 25 Feb 02)**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_  
(day) (evening)

E-MAIL: \_\_\_\_\_

**LARGE GROUP SESSION (MORNING):**  
\_\_\_\_ Wild, Wild West: A History of Spouses

**BREAKOUT SESSIONS - MORNING (Choose Three):**  
\_\_\_\_ Polyester Pete (Job Search Strategies)  
\_\_\_\_ Survivor Benefits and Legal Assistance  
\_\_\_\_ Once Over Lightly (Customs and Courtesies)  
\_\_\_\_ Hello, Are You Hearing Me? (Personality Types)  
\_\_\_\_ A Spouse of One: Exploring My Options  
\_\_\_\_ Meet the Press

**LARGE GROUP SESSION - LUNCH:**  
\_\_\_\_ Barbershop Quartet

**BREAKOUT SESSIONS - AFTERNOON (Choose Two):**  
\_\_\_\_ Champagne on a Beer Budget (Decorating on a Budget)  
\_\_\_\_ Tadpoles in Transition (Moving with School-Age Children)  
\_\_\_\_ Financial Planning for Spouses  
\_\_\_\_ Hello, Are You Hearing Me? (Personality Types)  
\_\_\_\_ A Man's Point of View (Male Spouse Perspective)  
\_\_\_\_ Super Spouse (Doing It All)

**LARGE GROUP SESSION:**  
\_\_\_\_ Dispelling the Myths (Buzz Session)

**CHILD CARE (Call for Details - 221-2705):**  
\_\_\_\_ YES    \_\_\_\_ NO    \_\_\_\_ Number of Children \_\_\_\_ Ages

**\*\*Return Registration Form and \$5.00 Registration Fee to: Kim Miller, Connie Fretwell, or Rita Dalton, Army Community Service, 2010 Stanley Road, Fort Sam Houston, TX 78234**  
**\*\*Call 221-2705 for additional information\*\***



# TRICARE delivers on promise of quality healthcare

By Gerry J. Gilmore  
American Forces Press Service

Young service members expect military leaders to issue equipment and orders, and to pay attention to their quality-of-life concerns, the chief of naval operations said Feb. 4.

Adm. Vernon Clark, keynote speaker at the annual TRICARE conference held Feb. 4-7, said today's troops want fair pay, good housing — and quality medical care. That last item, he told hundreds of military and civilian healthcare professionals, is a "covenant," a promise, made between leaders and the rank-and-file.



In that respect, TRICARE, the military's healthcare system, has made "truly, truly remarkable" gains in the past few years, Clark noted. TRICARE health providers are "seeing to it that this institution keeps its promise," he said. "I want you to know that I appreciate what you're doing," he told his audience. The quality healthcare and customer service provided by TRICARE is "one of the best-kept

secrets out in the (healthcare) industry," the admiral noted. Clark acknowledged the system once had negative issues, such as patient access, that have since been fixed. The admiral noted that the master chief petty officer of the Navy recently reported to him: "We're not hearing much (bad) about TRICARE these days." Now is not the time to rest upon laurels, Clark noted, adding that TRICARE needs to be made "as effective and efficient as we can." For more information on TRICARE log on to their Web site at <http://www.tricare.osd.mil/>.

## New deployment health care guideline announced

Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder announced Feb. 7 the implementation of a new clinical guideline for use by military and Veterans Affairs physicians in caring for the unique needs of military personnel and their families.

Informed by a decade of lessons learned from the Gulf War, military and Veterans Affairs physicians are now better prepared to provide care for military personnel returning from Afghanistan and other deployments.

The cornerstone of this new health initiative is the Clinical Practice Guideline on Post-Deployment Health Evaluation and Management: <http://www.pdhealth.mil/PDHEM/frameset.htm> developed jointly by the Department of Defense and the Department of Veterans Affairs. Service members and their families will begin to experience the benefits of this guideline starting in early March.

"Keeping our active duty members healthy is an important aspect of force health protection. This guideline assists physicians and patients by focusing on specific health concerns that may be deployment related," offered Winkenwerder.

The development of the guideline represents a two-year multi-disciplinary effort involving experts from the VA, Army, Navy, Air Force, and DoD. Specialty experts included clergy, social workers, nurses, toxicologists, epidemiologists, risk communications specialists, psychiatrists, and family practitioners. Health care providers at Fort Bragg, N.C., Camp LeJeune, N.C., and McGuire Air Force Base, N.J., participated in a guideline demonstration project.

"This guideline, provides a structure to assess and manage post-deployment health. It is primarily about improving medical care for post-deployment concerns among all our patients, whether an active duty service member, a spouse, a child, a veteran or reservist," explained Army Lt. Col. Charles Engel, a collaborator in the guideline development.

Engel directs the Deployment

Health Clinical Center, a DoD center based at Walter Reed Army Medical Center, Washington, D.C. Since the Gulf War, "opportunities for change and improvement have emerged as a result of lessons learned through the implementation of the DoD's Comprehensive Clinical Evaluation Program and the VA's Gulf War Registry, research studies, and feedback from veterans," said Engel, a practicing psychiatrist and a Gulf War veteran.

"The guideline," said Mark Brown, Ph.D., director of the VA's Environmental Agents Service, "was developed in response to the health care needs of Gulf War veterans with difficult to diagnose yet sometimes debilitating deployment-related symptoms." Brown added, "In the long-run the Clinical Practice Guideline will give VA primary care providers the tools needed to diagnose and treat veterans returning from combat and peace-keeping missions abroad."

The guideline also applies to individuals who were not deployed, but who link their concerns to a military deployment, for example, family members of recently deployed active duty personnel. The guideline also will offer physicians support in monitoring the long-term health of patients with deployment health issues and provide patients with the education they need to take an active role in their health care delivery.

"In the new approach we will disseminate up-to-date information to all clinicians about all deployments and essentially make them more knowledgeable about deployment health issues," said

Engel whose Deployment Health Clinical Center will be responsible for monitoring the improvement of post-deployment care in primary care settings and insuring improvements in the quality of data gathered.

The major route for disseminating this information is the Center's new Web site, [PDHealth.mil](http://www.PDHealth.mil), located at <http://www.PDHealth.mil>. The guideline, as well as the proceedings of a satellite broadcast about the guideline, may be found on this Web site.

## Embrey: military stands ready to assist

DoD from Page 1

first two objectives are relevant to them and DoD. First responders - local police, firefighters and civilian and military emergency medical professionals — "have the greatest potential to save lives and limit casualties after a terrorist attack," she explained.

On the second objective, current homeland security plans recognize that bio-terrorism defense will require the nation to invest significantly in its healthcare system, "of which you are a critical part," Embrey told attendees.

Almost \$2 billion is being proposed to bolster state and local public healthcare systems, Embrey said, to manage both contagious and noncontiguous diseases, to expand healthcare surge capacities, to upgrade public health laboratory capabilities, and to provide training for medical personnel.

Funds are also provided, she added, to support mutual regional medical aid agreements and communications networks linking acute care assets, including military, with local communities' public health organizations.

Embrey said the military stands ready to assist. Its emergency response capabilities include the Army's Chemical/Biological Rapid Response Team, Technical Escort

Units, the Marine Corps' Chemical/Biological Ready Response Force, and the National Guard's Weapons of Mass Destruction Civil Support teams.

The president and Congress, she said, have also taken steps to create national supplies of smallpox vaccine and an antibiotic stockpile to treat potential anthrax victims.

"Our success or our failure as a nation to respond to bio-terrorism will depend in large measure on the quality and effectiveness of our diagnostic tests, vaccines and therapeutic drugs," Embrey noted.

She said military commanders depend on TRICARE healthcare professionals' plans and preparations for possible bio-terrorism attacks — and "don't underestimate their need to rely on you," she told conferees.

"The chemical and biological agent awareness training, personal protective equipment stocks, medical supplies needed to support chemical/biological wartime support operations are (what) your installation commander wants you to have ready in case of a potential attack," she added. Embrey said TRICARE personnel also could be called to help in local relief efforts.

## Health Promotion Center February Class Schedule

Class	Date	Time
Weight Management - Session 1	Feb. 21	8:30 to 10 a.m.
Low-Impact Aerobics	Feb. 21	11 a.m. to Noon a.m.
Back Pain	Feb. 21	2 to 3:30 p.m.
Breast Health	Feb. 22	11 a.m. to Noon
Cholesterol and Lipids	Feb. 25	9 to 11:30 a.m.
Asthma Part 1	Feb. 25	1 to 4 p. m.
Low-Impact Aerobics	Feb. 26	11 a.m. to Noon
Diabetes Education	Feb. 26	12:45 to 4 p.m.
Office Yoga	Feb. 27	Noon to 1 p.m.
Low-Impact Aerobics	Feb. 28	11 a.m. to Noon
Self-Care and Health	Feb. 28	1 to 3 p.m.
Tobacco Cessation "Readiness to Change"	Feb. 28	1 to 3 p. m.

**Note:** Call the Health Promotion Center at 916-3352/5538 to register for all classes, except Diabetes Education, Back Pain, and Weight Management. To register for Diabetes Education call the Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select Option 2, ask for Diabetes Education appointment. To register for Back Pain call Physical Therapy at 916-1920. To register for Weight Management call Nutrition Care Division at 916-5525.

# White explains budget request to Senate committee

By Dawn Dearden  
Special to the News Leader

Secretary of the Army Thomas E. White addressed the Senate Armed Services Committee Feb. 12 on the 2003 Army budget request, adding that the Army needs more funding for Transformation and homeland security.

### Security

White reported the state of the Army to the 25-member committee, emphasizing the challenges the force faces. He said the Army needs an additional \$1.8 billion to provide further force protection and security programs in wake of the Sept. 11 attacks. White cited the high tempo of

deployments for the Army with more than 12,000 soldiers deployed in support of Operation Enduring Freedom and more than 25,000 National Guard and Army Reserve soldiers mobilized. “Despite 10 years of downsizing, the Army has accomplished all assigned

missions to a high standard,” White said. “In short, we are doing more with less, and the strain on the force is real.”

### Infrastructure

White also pointed out the need to build new infrastructure as many commanders consider the conditions soldiers live in

as a detriment to morale and mission accomplishment. “For too many years, the Army has under-funded long-term facilities maintenance in order to fully fund combat readiness and contingency operations,” White said. “Thus, we now have first-class soldiers living and working in third-class facilities.”

### Pay Increase

White thanked the committee for its support of the largest pay increase for soldiers in a decade and asked for their continued support. “Soldiers are willing to put their lives at risk for our national interests,” White said. “In turn, the attention to a soldier’s well being helps the Army recruit and retain the best people. Our soldiers ask little in

return, but they judge their nation’s commitment to them by how well it takes care of them and their families. It is a commitment that we must honor.”

### Transformation

But White’s main focus was the Army’s on-going Transformation. The 20-year vision defined in 1999 will play a major role in the way the Army does

business in the future, both on and off the battlefield, he said. White explained to the committee the necessity of transforming the Army is even more urgent following the events of Sept. 11.

“The global war on terrorism reinforces the need for a transformed Army that is more strategically responsive, deployable, lethal, agile, versatile, survivable, and sustainable than current forces,” White said.

White said the Army plans to increase the number of Interim Brigade Combat Teams — a combination of heavy and light forces — from two to at least six and will begin fielding the Objective Force, the Transformation end goal, this decade.

*“Soldiers are willing to put their lives at risk for our national interests.  
In turn, the attention to a soldier’s well being helps the Army recruit and retain the best people.  
Our soldiers ask little in return,  
but they judge their nation’s commitment to them by how well it takes care of them and their families.  
It is a commitment that we must honor.”*

**Thomas E. White**  
**Army Secretary**

# High-tech weapons, resourceful troops will keep Army strong

By Linda D. Kozaryn  
American Forces Press Service

U.S. special operations forces' use of satellite phones, global positioning systems and laser-designators to precisely locate targets in Afghanistan for long-range bombers isn't unusual in this day and age.

But, doing it on horseback is definitely out of the ordinary.

This "great story," according to Army Secretary Thomas E. White, demonstrates the ongoing transformation of the U.S. military.

"Whoever thought that 'transformation' would go back to horse cavalry," White remarked on Feb. 14. Yet, he said, the combination of high- and low-tech methods and equipment used in Afghanistan is an example of what transformation is all about. It involves changing how the Army thinks, leads, trains and fights.

The Army is developing equipment, strategies and doctrine that require fewer personnel and lighter equipment that is more interoperable with the other services. These lighter, more-agile units will be able to deploy farther and faster.

"We seek the same potent combination of new and proven technologies and advanced warfighting concepts, built upon tough resourceful soldiers that make things work," White told about 150 Congress members, key staff members and defense industry representatives. He spoke



Thomas E. White  
Army Secretary

at a Capitol Hill breakfast co-sponsored by DFI International, a private research and analysis group, and the Army Caucus, a bi-partisan group that emphasizes the need for a strong Army.

President George Bush selected White, a retired Army officer and a combat veteran, to lead the Army into the future.

The 1967 West Point graduate was a brigadier general when he retired in 1990. He served two tours in Vietnam, commanded the 11th Armored Cavalry Regiment and served as executive assistant to the chairman of the Joint Chiefs of Staff.

In his address, White said the Army must win the war on terrorism, transform to meet the challenges of the future, and secure the resources to do both. Those resources, he added, need to be invested in people, readiness and transformation.

Winning the war on terror, he

said, "is a non-negotiable contract with the American people." Army special operations forces did a magnificent job in Afghanistan, he noted, and now conventional light forces, the 101st Airborne and 10th Mountain divisions, are there as well.

"You know the story," the secretary told the group. "Lousy terrain. Dead of winter. Seven thousand miles away in a place referred to as 'the graveyard of empires.'"

"From Egypt to Pakistan, from Kenya to Kazakhstan," he said, more than 14,000 soldiers are now deployed in support of Operation Enduring Freedom. Working with joint and coalition partners, they've defeated the Taliban, "significantly destroyed Al Qaeda," liberated the people of Afghanistan, and installed an interim government.

The Army is accelerating its transformation plans in the wake of last year's terrorist attack. "If transformation was an imperative before 9/11," he said, it is now "absolutely essential and fundamental."

Operations in Afghanistan prove that requirements for Army forces continue to grow, White said. Currently, more than 179,000 soldiers and 38,000 Army civilians are deployed in 120 countries.

Along with combating terrorism, they're securing detainees in Guantanamo Bay and ensuring regional stability in Central Asia. They're also conducting counter-

terrorism training in the Philippines, deterring potential adversaries in Southwest Asia and maintaining peace in Bosnia, Kosovo, Macedonia, and the Sinai.

"The point is, we're fighting this war and nobody's let us out of a single commitment that we already had on the tenth of September, and that is a challenge," he said. "Our soldiers are answering the call of duty, but we must ensure that the force remains appropriately manned for the force ahead."

The Army has mobilized more than 24,000 Reserves and National Guardsmen for federal service at home and overseas. About 11,000 Army National Guard soldiers are employed on state-controlled missions — guarding airports, seaports, reservoirs and critical infrastructure. More than 5,000 soldiers are deployed to safeguard the Winter Olympic Games.

"There are more soldiers deployed on the ground in Utah, than there are in Afghanistan today," White noted.

To meet the challenges of the 21st century, the Army is creating an "Objective Force" that is deployable, agile, versatile, lethal, survivable and sustainable. It will be able to deploy a brigade combat team anywhere in the world within 96 hours after lift off, have a division on the ground within 120 hours, and five divisions in theater within 30 days.

Six brigade combat teams are already funded. The first two are training at Fort Lewis, Wash. White noted that 96 percent of the Army's \$1.5 billion annual science and technology research and development budget is programmed to achieve Objective Force capabilities.

In the meantime, White said, the Army is fielding an interim force to close the "capabilities gap" between today's heavy forces and the lighter forces of the future.

"We're on schedule to fully equip the first interim brigade at Fort Lewis with the interim armored vehicle by February 2003," he said. "We intend to field five more of these interim brigades by 2007. One of them is funded in the fiscal 03 budget under consideration by Congress right now."

The interim force will also allow time for leader development and experimentation, he said. "For the first time since I've been around," White said, "we will field something we can use as a bridge to get us from the legacy systems that we have today to the Objective Force on the other end."

"We will field enough of these brigades so that we fill the near-term warfighting requirement of the commanders in chiefs, but we will also have enough of them so that we can conduct experimentation and try out and mix and match the components and subsystems that we expect to get out of the technology base."



# Ambassadors visit Vets

From *Vetrans* on Page 1

Bright, drill sergeant for C Company, 187th Medical Battalion. Bright is also a Fort Sam Houston ambassador, who will also represent the Army during Fiesta activities in San Antonio.

Various members of the Armed Forces were in attendance spending the day with the veterans, sharing a meal and stories and exchanging small gifts. Also in attendance were Col. Frank E. Blakely, Chief of Staff, Army Medical Department Center and School, Lt. Col. William Boisvert, executive officer, Brooke Army Medical Center, and 187th Medical Battalion Command Sgt. Maj. Frances Rivera.

“I hope that when I get old and might be in their situation that someone can bring joy to my life. As a society we take for granted the contributions that these veterans have made. As an Audie Murphy club inductee I encourage my young soldiers to visit these veterans so they won’t forget the contributions they have made for us,” said Lewis.

Photos by:  
**Esther Garcia**



◀Boyd Brugman, Navy veteran, shares war stories with Staff Sgt. Lorena Lewis and Staff Sgt. Mathew Bright, who presented American flags and valentine cards made by Fort Sam Houston Elementary students.



▼(Below left) Fort Sam Houston ambassadors Staff Sgt. Lorena Lewis and Staff Sgt. Mathew Bright talk with volunteers and staff members of the Audie L. Murphy Memorial Veterans Hospital during the National Salute to Hospitalized Veterans program.

▼Veteran Air Force Sgt. Ruby Mason poses with Army Reserve ambassadors Sgt. Susanna Ortiz, Sgt.1st Class Chris Robert, and FSH ambassadors Staff Sgt. Mathew Bright and Staff Sgt. Lorena Lewis.



# Military Order of the Purple Heart celebrates Founder's Day

Ray Turner, (at right), a recipient of the Purple Heart was recognized for his 57 years of military and federal service. Turner landed in Normandy Beach in 1944, met Gen. George Patton who gave Turner an order to take a sniper out at a church steeple. He was wounded during the Battle of the Bulge. Turner turned to photography while he was a patient. He has photographed Presidents Harry Truman, Dwight Eisenhower, John F. Kennedy, Lyndon Johnson, and Jimmy Carter. Turner is a photographer for ITBC, Visual Information.



Photos by:  
Esther Garcia



▲The 3rd Annual Founder's Day Celebration, Alamo Chapter 1836, Military Order of the Purple Heart was held at the Fort Sam Houston Officer's Club on Feb. 15. Featured speaker was (left) Brig. Gen. Robinson Risner, U.S. Air Force Retired, Ace Fighter Pilot, Vietnam Prisoner of War, noted author and presidential appointee for numerous commissions. He is a veteran of World War II, the Korean and Vietnam conflicts and is a recipient of the Purple Heart, the Air Force Cross and numerous other awards and decorations. Master of ceremonies was retired Col. Pete Bishop, junior vice commander for the Alamo Chapter 1836, Military Order of the Purple Heart.

▼Lucian Adams, (left) Congressional Medal Of Honor recipient and Manual Espinoza, Military Order of the Purple Heart, Alamo Chapter 1836, attend the Founder's Day Celebration. Founder's Day celebrates the birthday of the founder of the Purple Heart, General George Washington.



▲(Left to right) Kimberly Park, Schertz Police Department, who lost her leg in the line duty; Sandra Riojas, Rona Morales and Lisa Perez, whose husbands died in the line of duty with the San Antonio Police Department received honorary Purple Heart certificates from Alamo Chapter 1836.

# Soldiers must choose retirement option

Army News Service

The first soldiers eligible for a \$30,000 bonus must decide by March 1 whether they want the new Career Status Bonus/REDUX retired-pay plan.

Under the CSB/REDUX plan, soldiers essentially receive \$30,000 of their retirement pay early, at least five years before hanging up their uniforms, a personnel official said.

The March 1 deadline for the bonus applies to soldiers who began their service after July 31, 1986, and before March 1, 1987. They must select between either the High-Three or CSB/REDUX retirement options.

A few soldiers already opted for the CSB/REDUX plan when they signed up for the Thrift Savings program, officials said. They explained that soldiers are supposed to make the decision by the 15th anniversary of their entry into service, but the initial deadline was delayed until March 1.

Choices about such options need time and careful thought, said Gary F. Smith, former chief of Army Retirement Services in the Office of the Deputy Chief of Staff for

Personnel. He described the career-status bonus as smart for someone who will invest the \$30,000 wisely.

“It would not be smart for someone who will use the bonus to run out and buy a car,” Smith said.

Many soldiers are unsure which retired-pay plan they are covered by, personnel officials said. They explained that three different plans are currently in use. The plan a soldier uses is determined by his or her DI-EMS, or Date Initially Entered Military Service.

Soldiers with DIEMS before September 8, 1980, receive a percentage of their final basic pay. Those with DIEMS on or after September 8, 1980, receive a percentage of the average of their highest 36 months of basic pay, referred to as the High-Three formula. Soldiers with DIEMS after July 31, 1986, may choose between the High-Three and Career Status Bonus (CSB/REDUX) formulas. Each formula begins with the number of years of creditable service, officials said.

A notice will appear on qualifying soldiers’ Leave and

Earnings Statements alerting them that they must choose a formula. The choice cannot be changed once made, officials said.

Soldiers choosing the CSB/REDUX option receive a \$30,000 career-status bonus during their 15th year of service and agree to serve five more years. Retired pay then equals the number of years of creditable service multiplied by 2.5 percent, minus 1 percent for each year of service under 30, multiplied by the average of the soldier’s highest 36 months of basic pay.

At age 62, retired pay will be recomputed under the High-Three formula, but will not be retroactive. Under CSB/REDUX, the longer one stays on active duty, the closer the percentage multiplier is to what it would have been under the High-Three formula, up to the 30-year point at which the percentage multipliers are equal.

The \$30,000 career-status bonus is subject to federal and state taxes. According to the Internal Revenue Service’s elective deferral limit, citizens may shelter up to \$11,000 in

tax-free savings programs such as the Thrift Savings Plan in 2002.

Misunderstandings about health care for retirees are also common, according to Army personnel officials.

“One of the reasons people join the military is because they think they’ll have free medical care for the rest of their lives,” Smith said. “But retirees are living longer now and the military has downsized.”

To take or decline the Survivor Benefit Plan is perhaps soldiers’ toughest retirement decision, Smith said.

“Initially, it looks like a lot of money going into something you don’t automatically see the value of,” Smith said. “And some soldiers think they’ll be better off investing the money elsewhere, but they don’t, leaving survivors without income protection when the soldier dies.”

An Army retiree himself, Smith recommends that soldiers take their children’s needs into account when choosing whether to move or to stay in the same location as their final duty station.

“Moving around is often harder for kids than it is for adults. They have to say goodbye to friendships just like we do,” Smith said.

Since many retirement benefits continue for family members after the retiree departs by death or divorce, soldiers should give their loved ones an active role in retirement planning, Smith recommended.

A proactive attitude is Smith’s advice for a smooth retirement. “Don’t be afraid of retirement. It’s natural to be anxious,” he said. “But go into it with a positive attitude and be proud of yourself. That will make the experience so much more pleasurable.”

(Editor’s note: The above article is an excerpt from this month’s “Hot Topics” insert in Soldier’s magazine. The special insert is dedicated to the memory of Gary F. Smith, former chief of Army Retirement Services, his deputy Max Beilke, and the Army’s former Deputy Chief of Staff for Personnel Lt. Gen. Timothy Maude. The three were meeting about the retirement program when terrorists crashed a jet into the Pentagon and killed them Sept. 11.)



# Cole swim team captures district championship

After capturing the district championship Jan. 25, the Cole High School Swim Team competed in Region VII-4A Meet at the Davis Natatorium Feb. 9. Cole senior, Joseph Gresenz, won a gold medal in the 100-yard butterfly and advanced to the state meet, which will be held Feb. 22 through 24 in Austin.

Joseph is the first swimmer in Cole history to qualify for the state swim meet and he also set a region VII record with his time in the 100-yard butterfly. He also placed fourth in the 200-yard individual medley.

Senior Barry Sheridan earned two bronze medals. He placed third in both the 200-yard freestyle and the 500-yard freestyle.

Sophomore Michael Gresenz

earned a silver and a bronze medal. He placed second in the 100-yard backstroke and third in the 100-yard freestyle.

Representing the girl's team was Amanda Jeter who place fifth in the 100-yard freestyle.

The Cole Cougar Swim Team trains at the Jimmy Brought Fitness Center and is coached by Dave Waugh.

► In winning form, Joseph Gresenz, member of the Cole High School Swim Team, captures the district championship in the 100-yard butterfly and advances to the state meet Feb 22-24.



Courtesy photo

## Mark your calendar!

**The Fort Sam Houston  
Veterinary Treatment Facility  
is having a Walk-in  
Vaccination Clinic**

Saturday, February 23rd  
9:00 a. m. - 1:00 p.m.  
Building 2635, Harney Road  
Please call ahead if you plan to bring your pet.  
295-4260

## FSH stray animal policy

In accordance with Fort Sam Houston Regulation 40-3, stray animals are not allowed to run loose on post.

Animals impounded by the military police are taken directly to San Antonio Animal Control, located at 210 Tuleta St. near Brackenridge Park and the San Antonio Zoo.

To find a lost animal, you may contact San Antonio Animal Control at 207-6660. Animals not claimed within three working days will be disposed of through adoption or euthanasia.

**For more information:**  
Contact the Fort Sam Houston  
Veterinary Treatment Facility  
at 295-4260.

# Rumsfeld: Best way to thank troops is to fund budget

By Jim Garamone  
American Forces Press Service

U.S. military personnel are extraordinary, said Defense Secretary Donald Rumsfeld, and the best way to thank them is to ensure they have the tools they need to defend against current threats and the newer threats of the 21st Century.

Rumsfeld testified before the House Appropriations Committee’s defense subcommittee Feb. 14. He also presented the Fiscal 2003 Defense Budget Request to the appropriators.

Rumsfeld told the representatives that the men and women in uniform “are voluntarily risking their lives in dangerous corners of the world to defend the lives and freedoms of all of us and our fellow citizens.”

In addition to asking the committee to fund the “people portions” of the budget, he made a case for funding transformation of the military. Rumsfeld said that no president gets a chance to use military capabilities he proposes because “transformation takes time.”

He told the committee that weapon systems such as the Tomahawk cruise missile program, the M-1 Abrams tank, the F-15 Eagle and the F-16

*“The point is this, one generation bequeaths to the next generation the capabilities to ensure its security — or it doesn’t. And today we’re responsible for future generations. The choices we make today determine whether or not our children or our grandchildren will continue to live in peace and freedom, and whether they will have the tools to defend freedom and our way of life in the years ahead.”*

**Donald Rumsfeld**  
**Defense Secretary**

Falcon that are in service today “were all developed before or during my last tour in the Pentagon in the 1970s.”

He said the current generation of space satellites date from the 1980s, as are many other capabilities that helped American and Afghan forces drive the Taliban from power.

“The point is this, one generation bequeaths to the next generation the capabilities to ensure its security — or it doesn’t,” Rumsfeld said. “And today we’re responsible for future generations. The choices we make today determine whether or not our children or our grandchildren will continue to live in peace and freedom,

and whether they will have the tools to defend freedom and our way of life in the years ahead.”

Transformation is only part of a trio of missions the Defense Department must accomplish in the years ahead. The department must fix the underfunding and overuse of the force from the last decade and win the war on terrorism, he said. Rumsfeld told the lawmakers that the proposed budget allows the Defense Department to do all three of these missions. The \$379 billion budget request is a \$48 billion increase over the fiscal 2002 budget. Almost \$20 billion of the 2003 request is dedicated to funding the war on terrorism.

Other funds are dedicated to changing priorities in the

department. “We have a phrase in the department of ‘high-demand, low-density,’ which means very simply we didn’t buy enough of the things we find out now that we needed,” he said. “This also means that our priorities were not quite right, and we ended up buying some things that were less important.” The 2003 request fixes this, he said.

A number of program cancellations and realignments put the budget process in line with new strategic goals. “We’re committed to pursuing what works and stopping what doesn’t,” Rumsfeld said. “We’ve terminated a number of programs that were not in line with the new strategy or which were having cost difficulties or

performance difficulties.” These include the Navy’s DD-21 destroyer program, the Navy Area Missile Defense program, 18 Army legacy programs, and the Air Force Peacekeeper missile program.

The department has also accelerated the retirement of a number of aging and expensive-to-maintain capabilities such as the F-14 Tomcat and 1,000 Vietnam-era helicopters.

But it all comes back to people, Rumsfeld said. “If we are to win the war on terror and prepare for tomorrow, we have to take care of the most important asset we have, the men and women in uniform,” he said.

The department must compete with the private sector for the manpower to fill the ranks. He said the country cannot afford to count solely on the willingness of military men and women to sacrifice in defense of the country. He said the 4.1 percent pay raise and an additional \$300 million for a possible targeted pay raise will help. Funding medical benefits and improving the housing situation for service members will also send the right message.

“Smart weapons are worthless unless they are in the hands of smart, well-trained, highly motivated soldiers, sailors, airmen and Marines,” he said.



# Test your knowledge with trivia

In recognition of Black History Month, during February, a series of trivia questions about well-known events and personalities will be published.

The following are the answers to last week's trivia questions, which appeared on page 18:

- 1. 1886
- 2. Cortisone
- 3. The King and I
- 4. Levi Stubbs
- 5. The Glass Ceiling Commission

The following are the trivia questions for this week:

- 1. Who was the first black woman to be

chairperson of the Math Department at St. Phillip's College?

- 2. What sitcom produced by Quincy Jones did Will Smith star in 1990?
- 3. What folk character outwitted a wolf, a bear, and a fox in stories that whites did not suspect were about slaves and slave masters?
- 4. What Olympic star runner died of suffocation following a serious seizure on September 21, 1998, in California?
- 5. What does the acronym "CORE" stand for?

Answers may be submitted via e-mail to [gail.ellis@cen.amedd-army.mil](mailto:gail.ellis@cen.amedd-army.mil) or call Gail Ellis at 221-7709.

## Cole honors "Principal's Students of the Month"

► Each month Cole Jr./Sr. High School recognizes one student from each grade level for his/her outstanding attitude, citizenship, and overall contribution to the school. The recipients for February are (back row l to r) Christopher Gross, 10th grade; John Abercrombie, 12th grade; Anne Boisvert, 9th grade; Michele Ingari, 7th grade; Caitlin Gresenz, 8th grade; and Adam Annen, 11th grade.



Courtesy photo

## Fort Sam Houston Independent School District Weekly Campus Activities February 25- March 2, 2002

### Fort Sam Houston Elementary School

Wednesday, Feb. 27  
DENTAC

Thursday, Feb. 28  
School Board Meeting in Professional Development Center - 11 a.m.

Friday, March 1  
Spirit Day



### Robert G. Cole Jr./Sr. High School

Monday, Feb. 25  
Student of the Month Breakfast/Photos in Mall Area - 9 a.m.  
Boys Basketball Quarterfinal Playoffs - TBA

Thursday, Feb. 28  
School Board Meeting in Professional Development Center - 11 a.m.  
DECA State Competition in Houston

Friday, March 1  
Academic Decathlon State Meet in Corpus Christi  
DECA State Competition in Houston

Saturday, March 2  
Academic Decathlon State Meet in Corpus Christi  
DECA State Competition in Houston

## Blood donations needed



Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them. If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

## Recruit and Trainee Healthcare Symposium to be held in April

The Eighth Annual Recruit and Trainee Healthcare Symposium 2002 will be held April 15-18 at the Sheraton Baltimore North, Towson, Md. The theme for the conference is “Medical Challenges of Training a Professional Military.” The U.S. Army Center for Health Promotion and Preventive Medicine, Aberdeen Proving Ground, Md., is hosting the conference; the U.S. Army Medical Command is the sponsor. Topic areas, as they relate to military recruit and/or trainee populations, are injuries; infectious diseases; performance nutrition; sports medicine; mental health; medical standards; accession, retention, and attrition; health promotion and wellness; medical process improvement issues; automation solutions; and dental, vision, and hearing issues. The symposium is for

military or civilian personnel from the Army, Navy, Air Force, Marines, Coast Guard, Public Health Service, or other Department of Defense organizations with current or projected responsibilities to directly or indirectly support healthcare issues of military recruit and/or trainee populations. CME units will be provided. Participants are invited to prepare and display technical posters that will be judged for content and aesthetics by a panel of subject matter experts. The winners will be announced on the final day of the conference. Technical presentations are being solicited. If you wish to attend or present, please complete a registration and abstract submission form on our website: <http://chppm-www.apgea.army.mil/trng/describe.crs/drths02.htm>

### Main Tax Assistance Center

Hours of operation  
Monday - Friday , 9 a.m. to 6 p.m.  
Saturday, 10 a.m. to 6 p.m.  
Sunday, noon to 5 p.m.

### Satellite locations are available: Center Brigade Headquarters, Bldg. 902

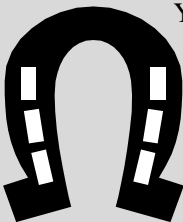
Thursday 10 a.m. to 7 p.m.  
Sign-in, Monday and Thursday 10 a.m. to 2 p.m.

### Brooke Army Medical Center

Rooms 513-14 and 513-15  
Tuesday 9 a.m. to 6 p.m.  
Friday 9 a.m. to 6 p.m.  
Sign-in Tuesday and Thursday, 9 a.m. to 1 p.m.



## Spring youth horsemanship program set for March 11-15



The Fort Sam Houston Riding Stables will conduct a Spring Youth Horsemanship Program on March 11 through 15. Classes are open to young riders (experienced or not) between the ages of seven and 18. The weeklong course is designed to introduce participants to all aspects of horsemanship. The classes will run from Monday through Friday from 9 a.m. - 3 p.m. Cost is \$125 per student.

For more information,  
call  
Cindy Tripoli at  
224-7207.



# Fort Freebies

All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: [news.leader@amedd.army.mil](mailto:news.leader@amedd.army.mil) or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.



**For Sale:** 1999 BMW 323i., black with black interior, sports package, tinted windows with only 34,000 miles. Still under factory warranty, \$26,500. Call 826-8902.

**For Sale:** Medical Service Corps Officer Dress Blues and Class A uniforms. Tailor made by Marlow White. Jacket size 46R, pants size 33/33 \$200 each or \$300 for both. Call 826-8902.

**For Sale:** 1999 HD Sportster 883, 1451 miles, plenty of custom additions, \$8,800. Call 223-1199 and ask for Ron.

**For Sale:** Four bedroom, two and a half bath, two story house, 2,800 sq. ft., fifteen minutes from Fort Sam Houston and Randolph AFB. Call 967-7471 or email [stormy5126@hotmail.com](mailto:stormy5126@hotmail.com)

**For Sale:** Tomato cages: 27 tomato plant cages for \$20. Call 408-6458 (daytime).

**For Sale:** Three bedroom, two and a half bathroom, two level house in Country Bend Subdivision off Boerne Stage Road on 1.24 acre lot, with many extras, \$185,000. Call 295-7925.

**For Sale:** Hill Country acreage (71/2 acres) three miles from 16/Bandera Road, 10 minutes from Medina lake \$45,000. Call 310-7411.

**For Sale:** 1986 Mazda B2000 pickup truck with camper, \$1,8000 obo. Also selling a 1978 GMC 26 ft. motor home, Class C, \$2,500 obo. Call 223-2072.

## Fort Sam Thrift Shop taking applications for welfare requests

It's that time of the year again. The Fort Sam Houston Thrift Shop is now taking applications for welfare requests. Applications may be picked up at the Thrift Shop during regular business hours, which are Wednesdays, Thursdays, and the second Saturday of each month from 9 a.m. until 2 p.m. The Thrift Shop is located in Building 232 on Liscum Road (behind the quadrangle).

Those organizations making requests must submit an application form. The deadline for applications is Thursday, March 21, 2002. Applications can be brought to the Thrift Shop and given to Peggy Riley or Teresa Parker. They can also be mailed to the Thrift Shop, 2241 Liscum Road, Suite 31, Fort Sam Houston, Texas 78234-5031.

All applications must be in the Thrift Shop Chairman's possession no later than close of business March 21, 2002.

## Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.



**Administrative Assistant.** San Antonio. National Company seeks an experienced Administrative Assistant for San Antonio office. Must have good phone skills, be highly organized, and have a general working knowledge of computer.

**Surgical Sales Rep.** San Antonio. Primary responsibility will be Surgical and Office base sales of orthopedic biotech surgical products. Surgeon driven product requiring previous operating room detailing and demonstration of a highly technical product.

**Radiologic Technologist and Sonographers.** Seguin. Radiologic Techs: Registered ARRT, 3+ years work experience desired in general ER and basic surgical. Sonographers: Registered ARRT, preferred RDMS in Vascular Sonography, Radiologic and Ultrasound experience preferred, 3+ years work experience desired.

**Registered Nurses.** Seguin. Hospital is seeking Registered Nurses for the Emergency Room, Intensive Care Unit, Intermediate Care Unit, Home Health and Hospice. Applicants must be currently licensed by the Texas Board of Nurse Examiners.



# Spiritual Special Forces

## Chaplains learn and minister at BAMC Trauma Center

By Edward Rivera  
Fort Sam Houston Public Affairs



Several officers sit in a small office, each busy working diligently in their own cubicles at Brooke Army Medical Center. While hard at work studying for a postgraduate degree, one captain's pager goes off. The number is familiar, and after a deep breath and a moment of reflection the officer heads to the trauma room.

After checking in with a technician in the trauma room, the officer, a captain puts on a pair of surgical gloves and takes his position at the head of the table. The officer isn't a brain surgeon, nor is he there to treat a possible head wound. The officer is an Army Chaplain, there to provide comfort by holding the patient's hand. Perhaps giving a spiritual lift through prayer or to be a conduit between patient and family.

At some point in a career, chaplains will face providing religious support to wounded and dying military members and the medical staff caring for them.

"The Army Clinical Pastoral Education program incorporates the concept of 'battle focused' training," said Chaplain (Col.) Jim Shumake, Director of the Army's CPE program. "In preparation for a combat mission, soldiers, including chaplains, require training in skills needed on the battlefield."

According to Shumake, the CPE program will provide chaplains the opportunity to experience similar traumas to those on the battlefield. "The goal is for the chaplains to be more interactive, to be more like a faithful companion, in the moment, with the person in crisis he is engaging," said Shumake.

Currently, there are 10 chaplains performing a CPE residency at BAMC in which chaplains train to better understand and deal with difficult spiritual situations. Through Clinical Pastoral Education training pastors and chaplains are better prepared to provide quality ministry in a military, civilian and combat setting.

This CPE program combines academic discipline with intensive first hand trauma experience that includes in-depth pastoral supervision and theological integration.

"This is very different from being a battalion chaplain," said Chaplain (Capt.) Julie Rowan, CPE Resident. "Having to respond to traumas on a regular basis we see situations we may encounter in combat."

According to Rowan, this residency will give chaplains on the battlefield an added benefit. "Having seen severe traumas here at BAMC gets us better prepared for wounded soldiers. Knowing what to expect will better prepare us for a soldier who will be scared and in spiritual need," said Rowan.

Chaplains not only perform their one-year clinical residency at BAMC, but can attend this specialized training at three other CPE System centers located at D. David Eisenhower Army Medical Center, Fort Gordon, Ga., Madigan Army Medical Center, Fort Lewis, Wash. and Walter Reed Army Medical Center, Washington, D.C.

"The experience gained in a hospital setting is vast," said Chaplain (Capt.) Robert Brady, CPE Resident. "When we are paged to the trauma room, we never know what to expect. Our presence during this time can affect the patient, medical team and waiting family members. Many times we are not only reminders of hope but a source of information."

According to Brady, although they are not able to give medical information to family members, they can pass on information from the doctors or the patient or provide updates on the patient's status.

The chaplains performing their residencies have all encountered difficult and sad situations. Not having the benefit of knowing what will come through the emergency room door makes it difficult to completely prepare mentally.

"This program really lets you discover where you are spiritually," said Chaplain (Capt.) Vaioa Leau, CPE Resident at Walter Reed Medical Center. "It allows you to be more conscious of your action. To know yourself better in the sense of why you say or do one thing or another."

Today's rapidly changing world requires continuing education for all. In addition to the CPE program all chaplains are enrolled in a Doctor of Ministry degree program, which focuses on application in addition to administrative and managerial skills, and use of today's ever-expanding resources and technology to their advantage.

January 10, 2002 the Medical Command's Clinical Pastoral Education Program was presented an accreditation certificate by Reverend James Gibbons, president, Association for Clinical Pastoral Education, Inc.

In the continuing search to attain the highest levels of quality, the accreditation coincides with the vision of the AMEDD Center and School as an institute of higher learning. In addition to providing continuing education and post graduate degree programs, the Academy of Health Sciences is always looking to outside sources to gauge it's level of quality.

"We are always looking to set our benchmarks externally in order to meet what ever the most demanding standards of quality might be," said Col. James W.



▲(Top left) Clinical Pastoral Education Program resident Chaplain (Capt.) Julie Rowan simulates what she might do with an actual trauma patient.

▲(Middle left) Chaplain (Capt.) Robert Brady and (Capt.) Julie Rowan soothe a recovering patients soul with song.

◀Chaplain (Capt.) Julie Rowan makes time during her busy day to study.





◀Chaplain (Capt.) Robert Brady, Clinical Pastoral Education Program resident puts on surgical gloves before taking his place within the trauma room.

Photos by:  
**Edward  
Rivera**



▲Chaplain (Capt.) Robert Brady checks in with Staff Sgt. Beesan Mustafa, emergency room team leader.

Kirkpatrick, Dean of Academy of Health Sciences.

Chaplains attend their pastoral doctorate program at the Oblate School of Theology specifically designed to meet the academic needs of active ministers. The program requires six weeks on campus with required reading and assigned projects to be completed within their current ministry.

The three-year, 30 credit-hour program is centered around their ministry, allowing application of classroom theories to their own specific pastoral goals. In addition to the six weeks of on-campus study each year, students will complete extensive reading assignments, pastoral projects that are guided by a faculty mentor, and a dissertation.

“Once completed with the program chaplains will be given an additional skill identifier which will allow them to be called on in case of major disasters,” said Shumake.

For the resident chaplains, it’s not just study and the trauma room. CPE residents perform rounds of the various hospital wards, provide support to patients having outpatient surgery and hold services at the BAMC chapel.

Every now and then Chaplains Rowan and Brady take along their six-strings and serenade patients and staff members with spiritual and patriotic songs.

“Providing comfort or ministering to those in need isn’t always through prayer. A song, a pat on the shoulder, or a simple ‘how are you doing?’ can make a difference to anyone,” said Brady.

American soldiers go into combat with a confidence in their training and with the knowledge they have the best medical care available if needed. They also know that, for their souls or spiritual needs in whatever their faith may be, a chaplain will be there with them.

Spiritual Special Forces are prepared to support a soldier or anyone else as a spiritual companion during difficult times.

▼Chaplain (Capt.) Julie Rowan, center, with two emergency room technicians in a trauma room.



## Post worship schedule

### Protestant

Sunday:  
8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398  
9 a.m. Traditional Service, Installation Chaplain’s Office, Bldg.2530  
9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396  
10 a.m. Service, BAMC Chapel  
10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721  
11 a.m. Service, AMEDD Regimental Chapel  
11:15 a.m. Gospel Service, Evans Auditorium  
12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday:  
9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).  
12 p.m. Bible Study, Dodd Field Chapel  
12 p.m. Service, BAMC Chapel

### Catholic

Saturday:  
5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:  
8:30 a.m. Mass, BAMC Chapel  
9:15 a.m. Mass, Dodd Field Chapel  
9:15 a.m. Mass, AMEDD Regimental Chapel  
11:15 a.m. Mass, BAMC Chapel  
\*12:45 p.m. Mass, Dodd Field Chapel  
\*Bilingual Mass on 1<sup>st</sup> Sunday of the month (For information call 590-6593).

Weekdays:  
11 a.m. Mass, BAMC Chapel  
11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday:  
9 a.m. Mass Catholic Women, Dodd Field Chapel

### Jewish

Friday:  
8 p.m. Service, Dodd Field Chapel  
8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

### Mormon

Sunday:  
10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

Wednesday:  
7 p.m. LDS Studies, Bldg. 1350, Room 1

Muslim  
Sunday:  
10:30 a.m. Religious Education, Bldg. 607A, Infantry Post

Friday:  
1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post

Thursday:  
8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

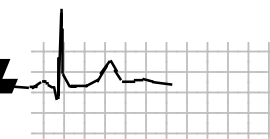
**Note:** The Post Gift Chapel is closed for renovations indefinitely. Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.







# The BAMC Beat



## Lieberman explores impact on BAMC health care

By Arcy Longoria  
BAMC Public Affairs

Brooke Army Medical Center hosted Senator Joseph Lieberman (D-Conn) member of the Senate Armed

Services Committee along with Representative Charles Gonzalez (D-TX) and Jeff Mendleson, chief of staff for Congressman Ciro Rodriguez. The focus of their visit was to find out how legislation that passed this session in Congress has affected military health care and what other legislative issues impacted on the way BAMC is currently doing business in military health care.

"When it comes to the health care of military personnel, we are their employers. They are serving us, the American people. We have a fundamental obligation to provide them with the best possible health care that we can and I'm encouraged from today's visit to feel that we're going a long way toward doing that," Lieberman said.



Senator Joseph Lieberman (D-Conn) member of the Senate Armed Services Committee and Representative Charles Gonzalez (D-TX) talk to the media during a press conference during their visit to Brooke Army Medical Center. (Photo by Mike Dulevitz)

BAMC military health care providers and their spouses had the opportunity to meet with the congressional visitors where they voiced their

appreciation for their visit and for taking the time to listen to what they had to say about health care. It was a very open session for both the officer and enlisted groups of health care providers and their spouses.

"The people in uniform that we saw today along with their spouses feel that the quality of healthcare they are given is good. They are happy with it. I think we've got to figure out a way to improve some of the non-healthcare benefits that we give to some of the spouses. When an individual makes a judgement or a decision to serve their country in the military, that is a decision that determines not only their life, but the lives of their spouses and children. They're a unit," the senator observed.

There were no senior officers at either session to make it very comfortable for both groups to speak. The staff was very happy to be able to represent their peers and be given this opportunity. They were also very thankful to the congressional staffers visiting BAMC.

"You've got to come away from here inspired and grateful that service means a lot to the people who are wearing a uniform," he said

## SMART burn specialists aid Lima fire victims

By Cleo Brennan  
BAMC Public Affairs

More than 66 burn victims of the Dec. 29 fire in Lima, Peru were spread among local hospitals when the burn care specialists from the U.S. Army SMART unit arrived in Peru Jan 9. The Special Medical Augmentation Response Team (SMART-Burn) from the Institute of Surgical Research at Brooke Army Medical Center deployed to augment local medical resources with burn care expertise and technical assistance. The team is capable of

deploying year-round and can be ready in less than 12 hours to respond to civil-military disasters and mass casualty emergencies, according to ISR Commander Col. (Dr.) Cleon Goodwin.

The fire, caused by a fireworks explosion that rapidly spread from shop to shop, engulfed the Mesa Redonda fireworks shopping area of downtown Lima during year-end holiday celebrations, and claimed more than 250 lives. Lt. Col. (Dr.) Lee Cancio led the SMART mission which included Maj. (Dr.) Hazel Joseph; registered nurse Capt. Paul Mittelsteadt; Staff Sgt. Charles Turner, respiratory care specialist; and licensed practical nurse Staff Sgt. Concepcion Reyna.

In one hospital, 23 patients suffered burns ranging between 15-25 percent of their total body surface area. There were seven patients from the Mesa Redonda fire among the 38 critically burned children in the Children's Hospital, which receives burned children from all over Peru. The host nation surgeons reported feeling overwhelmed by the number of patients. Most had been operating everyday since the explosion.

The shortage of qualified nursing personnel is also a major problem, according to Cancio. During the day, only two nurses take care of these patients, with one or two nurse's aides, with only one nurse and one aide on duty at night. The support staff consists of a part-time psychologist and a physical therapist who comes once a week. In contrast, in the ISR burn center, physical therapy and psychology services provide daily patient care, because physical therapy is vital to rehabilitation, and family needs in dealing with posttraumatic stress and other coping issues are so significant.

Timely acquisition and delivery of supplies requested by three of the hospitals with burn patients was a major objective, so Cancio and Mittelsteadt spent a full day at the U.S. Embassy, refining and prioritizing the list and pursuing sources for the supplies. The remainder of the SMART group went to the hospital that received



Special Medical Augmentation Response Team burn care specialist from the Institute of Surgical Research burn center at Brooke Army Medical Center participate as consultants for surgeons in Lima, Peru, operating on a burn patient. (Courtesy photo)

the largest number of burn patients from the Mesa Redonda fire that day and the entire team visited there and three other hospitals throughout the mission.

SMART assistance included evaluating patients, consulting in surgery, providing expertise in wound care, identifying equipment needs and sharing information on modern technology and treatment protocols. Discussions covered pain management, rehabilitation, and psychosocial support and the challenges of multiple drug resistant organisms and systemic infections.

During the week-long mission, the team shared information on wound care, topical antibiotics, diagnosis and treatment of wound infection, physical therapy, nutrition, and management of inhalational injury. Cancio noted that the doctors in Peru were very interested in the ISR protocol for managing inhalational injury since they do not have such a protocol. One of the hospitals had only one bronchoscope that serves the entire hospital and in fact, they did not use it to assess patients after the Mesa Redonda fire.

Cancio also reported that they lack all types of critical care, operating room, and standard bedside equipment often taken for granted in hospitals here, everything from mechanical ventilators to EKG monitors to lights and temperature control for the operating room.

By the third day, the SMART members and Military Advisory and Assistance Group commander, Col. Bruce Yost, were able to deliver the first shipment of antibiotics, burn creams, gloves, intravenous fluids, dressings and other critical supplies for the burn patients to the hospitals. By the end of the mission, the SMART members' valuable consultation helped provide approximately \$30,000 worth of much needed medical supplies to the four hospitals and consulted on 87 burn adult and pediatric patients.

## Cap reduced for retirees, their family members and survivors

The TRICARE fiscal year "catastrophic cap" has been reduced from \$7,500 to \$3,000 for uniformed services retirees, their family members and survivors. The cap is the maximum amount of out-of-pocket costs these beneficiaries are required to pay for medical care during a fiscal year (Oct. 1 through Sept. 30).

For active duty family members, the catastrophic cap remains \$1,000 per fiscal year.

The catastrophic cap reduction is retroactive to Oct. 1, 2000. Retirees, their family members and survivors who have paid more than \$3,000 out-of-pocket for TRICARE-covered services are eligible for reimbursement. The managed care support contractors (MCSC's) will search their files and identify beneficiaries due refunds.

Beneficiaries who have saved their receipts and choose to initiate a request for reimbursement, may do so by contacting their regional claims processor for guidance on where to submit their receipts and claims. It is not necessary for beneficiaries to resubmit claims already paid by TRICARE to qualify for reimbursement of the amount paid over the catastrophic cap.

For retirees, their family members and survivors enrolled in TRICARE Prime, there is an enrollment year cap. The enrollment year cap begins on the anniversary date of enrollment in TRICARE Prime, and applies to all enrollees. Catastrophic caps, both fiscal year

and enrollment year combined, will not exceed \$3,000 in a given 12-month period for retirees, their family members and survivors, and \$1,000 for family members of active duty members.

Once the catastrophic cap and enrollment year cap (combined) are met by TRICARE Prime enrollees, TRICARE will pay up to the TRICARE allowable amount for all covered services (excluding point-of-service charges which do not count toward the catastrophic cap). For beneficiaries who are not enrolled in TRICARE Prime, TRICARE will pay up to the TRICARE allowable amount for all covered services for the remainder of the fiscal year after the fiscal year cap is met. Retirees, family members, and survivors remain responsible for the cost of all services and treatments received which are not TRICARE covered benefits.

Some beneficiaries mistakenly believe that the \$3,000 catastrophic cap is the ceiling on the amount that TRICARE will cover for a family during any given year, however the opposite is true. The cap will protect retirees, their family members and survivors from paying more than \$3,000 out-of-pocket for medical care.

For additional information on catastrophic cap reduction, beneficiaries are encouraged to contact the nearest TRICARE service center or military treatment facility beneficiary counseling and assistance coordinators for assistance. TRICARE benefit information is also available on the Military Health System/TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil), or by calling 1-888-DoD-LIFE (1-888-363-5433).



Leader's Outlook

Stewardship

When talking about stewardship and the resources we must conserve, I want to focus on our patient population because, without patients, we won't stay in business. Without patients, we don't do our mission. We don't train, we don't keep our skills sharp, we don't render support to our soldiers and their families. And we don't use the assets that are given to us – people, space, equipment, in a manner that's as efficient as we can make it within the constraints of our system.



Col. MaryAnn McAfee  
Chief  
Department of Surgery

**"Putting the focus on the care of the patient-that's where we apply our dollars and re-sources."**

The introduction of TRICARE was a major change in the way we do business that forced accountability, it forced standards on access to the care in the system and it also offered patients a choice. Right now, outside of our active duty population, anybody who is TRICARE Prime can get a primary care manager in the civilian arena, as well as can the TRICARE For Life beneficiaries, at virtually no cost. We may have the best system now, but if patients don't perceive that they are

When we talk about the stewardship of our resources, I'd like to emphasize that the patient's quality of care is always foremost in our minds. Our ability to handle surgery with fairly high up front costs initially, results actually in a better procedure for the patient and shorter hospitalization. The patient's able to return to a productive, reasonable life sooner. So, when we look at stewardship of those resources, we look at what's within our budget, but more so, we are looking at what is going to benefit the patient.

If you provide the right tools for the surgeons and anesthesiologists and nursing personnel, they can do very good things very quickly. It's an investment in being able to take care of our patients with a little up front cost.

getting quality care, it won't matter. We have to be honest with our patients. We have to be open to their needs and we have to provide a quality of care that's at least as good as they can get anywhere else. Not only that – the patients have to perceive that we're doing it that way... That's the importance of communication, letting them know if things are running a couple minutes late, for example, and making sure they know you see them as more than just a category of treatment.

The different disciplines in surgery vary in the technological advances that are basically required for us to practice surgery these days. Orthopedics is one of most expensive surgeries that we do here. The expense reflects the high degree of technology in the materials that go into them. The best way in which we are stewards for those high-dollar, high-tech items is to select patients appropriately, that we know are going to get maximum benefit out of certain technology. We do not make those choices based on expense, but on what's going to be the best choice of surgery for them.

According to patient safety issues that are being brought up nationally, the less time a patient has to spend in the hospital, the less their risk. A lot of our use of resources is geared toward



Col. Robert Gates  
Chief  
Department of Medicine

**"To keep a medical department vital and relevant to our war mission, health care mission and training mission, patients are the asset we must conserve."**

making patients better as quickly as we can, and let them get back to their life. In Fiscal Year 2001, we treated 1,000 more patients in the operating room than in the year before, During that time we saw a lot of personnel transition, and didn't increase our budget very much.

We just have individuals working very hard to use the resources we have to increase services. I think that's a real tribute to the dedication that everyone in this hospital has, making ends meet, maximizing the government's dollar to take care of our beneficiaries and still making a significant impact on our neighbors in the civilian communities of South Texas. I think we've done a pretty good job of using the taxpayer's dollars.

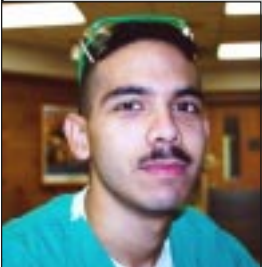
Issues :

View from the trenches

What's a suggestion program worth to you?

*"What's the big idea?? There have been suggestion programs around the Army for a long time, and a few people have reaped significant rewards with enough time a paperwork invested. But, for the most part, while ideas are exciting, suggestion programs don't seem to spark a lot of interest. Even though we have one currently in "operation" most people don't seem to realize it or make use of it. What does it take to get your suggestions?"*

**"A suggestion box is a better way to improve all aspects of patient care when used properly."**



Juan Flores



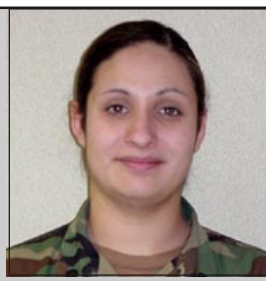
Don Neill

**"If somebody's going to take the time to write something up, something should be done about the idea."**

**"If there were a suggestion program, I'd suggest some things to improve service for the patients."**



Bertha Perez



Spc. Jina Canales

**"A suggestion program could be of great value. You can always make things better."**

The editor's take:

A lot of good ideas go to waste

A lot of good ideas go to waste because they never get out of someone's head. Apprehension about how a suggestion would be taken, as criticism instead of improvements can be very discouraging. Some people may think that the folks in charge have all the answers, or that those with more education or higher positions don't need or want to hear what a subordinate thinks, or nothing ever comes of it when someone does make

a suggestion. After all, if it were a good idea, somebody smart would have thought of it, right? Wrong. Every person who looks at things in a different way may see a different problem or solution to one. Kind of like optical illusions, what you see may depend on what you focus on. What comes to mind depends on your unique perspective from your own unique life experience. On the other hand, a lot of people simply don't

know there is an easy way to make a difference. Finally, one idea might not change history, but if every idea gets a chance, together, they may spark some totally new approach to the business of everyday life. Everyone's ideas are needed.

A new internal suggestion program, BAMC's "Let's Do It Better" Suggestion Program, just started and it's open to the military and civilian workforce as well as beneficiaries. It's

your opportunity to make an impact on doing things faster, better, or cheaper in your day to day surroundings. Suggestions boxes and forms are available at both information desks, or submit your suggestions to Resource Management Division, Attn: Barbara Landry, BAMC Suggestion Program Coordinator, 916-5116. You have nothing to lose by giving it a shot, and you have so much to gain as part of BAMC.

--Ed.

The BAMC Beat

The BAMC Beat is an unofficial monthly publication of Brooke Army Medical Center Public Affairs, 3851 Roger Brooke Drive, Fort Sam Houston, TX. , for the members of the BAMC and Great Plains Medical Region communities. Views expressed are not necessarily those of the U.S. government, Department of Defense, Department of the Army or Brooke Army Medical Center.

<http://www.bamc.army.mil> Commander.....Brig. Gen. Daniel F. Perugini Public Affairs Officer.....Arcy Longoria Editor.....Cleo Brennan Send news tips or items for publication to Cleo Brennan on global Outlook, e-mail to [cleo.brennan@amedd.army.mil](mailto:cleo.brennan@amedd.army.mil), or call the BAMC Beat at 916-5652.

All submissions received by the 20th of the month will be considered for publication, but are subject to editing for clarity and brevity. The BAMC Beat welcomes Letters to the Editor, if you have something to say that may be of interest to the majority of our readers. All letters must be signed but names may withheld from publication at the writer's request. Use of submitted materials is at the discretion of the editor.



## Start early for a lifetime of healthy smiles

The way children care for their bodies today will have an impact on their health years from now. The good news for parents is that preventive dental care has greatly improved the oral health of American children. It's now possible for many children to reach adulthood without ever experiencing tooth decay.

February is National Children's Dental Health Month and the Fort Sam Houston Dental Activity (DENTAC) has these tips for parents and caregivers.

- Take your child to see the dentist regularly, beginning by the child's first birthday. Put only water in a child's naptime or bedtime bottle to prevent baby bottle tooth decay.
- Start brushing the child's teeth with water as soon as the first tooth appears.
- Start flossing when two of the child's teeth begin to

- touch.
- Brush and floss your child's teeth daily until he or she can be taught to do this alone.
  - Make sure your child gets the right amount of fluoride needed for decay-resistant teeth. Ask your dentist how this can be done.
  - And ask your dentist about dental sealants, a thin protective barrier that shields the chewing surface of back teeth against tooth decay.

Good oral health practices should begin in infancy and continue throughout adult life. In your child's early years, you must provide this care. Later you will need to instruct, monitor and motivate your child to help maintain good oral health habits. Attitudes and habits established at an early age are critical to maintaining good oral health throughout life.

(Source: Fort Sam Houston Dental Activity)

## TRICARE Delivers on Promise of Quality Healthcare

By Gerry J. Gilmore  
American Forces Press Service

Young service members expect military leaders to issue equipment and orders, and to pay attention to their quality-of-life concerns, the chief of naval operations said here today. Adm. Vernon Clark, keynote speaker at the annual TRICARE conference being held Feb. 4-7 in a downtown hotel, said today's troops want fair pay, good housing — and quality medical care. That last item, he told hundreds of military and civilian healthcare professionals, is a "covenant," a promise, made between leaders and the rank-and-file. In that respect, TRICARE, the military's healthcare system, has made "truly, truly remarkable" gains in the past few years, Clark noted. TRICARE health providers are "seeing to it that this institution keeps its promise," he said. "I want you to know that I appreciate what you're doing," he told his audience. The quality healthcare and customer service provided by TRICARE is "one of the best-kept secrets out in the (healthcare) industry," the admiral noted. Clark acknowledged the system once had negative issues, such as patient access, that have since been fixed. The admiral noted that the master chief petty officer of the Navy recently reported to him: "We're not hearing much (bad) about TRICARE these days." Now is not the time to rest upon laurels, Clark noted, adding that TRICARE needs to be made "as effective and efficient as we can."

## Commission to lead joins committment to serve



Second Lt. Maria Johnson (center) receives her first golden collar rank from her husband Sgt. Derrick Johnson and BAMC Brigade Commander Lt. Col. Wendy Martinson as she changes from stripes to brass during her commission ceremony. Photo by Clyde Dixon

Sgt. Maria Johnson could have been an officer long, enlisting with bachelor's degrees in her double major, biology and medical technology, but she was more interested in giving than getting. She decided to join the Army after graduating from college because she had a

debt—not a legal debt, or student loans, but a personal debt of service in gratitude to her adopted country. She came from El Salvador as a girl, with her parents. She attended an American high school, and through her hard work and natural ability, she earned a full college scholarship.

"I just wanted to be a soldier to repay what this country gave me. Never in my dreams could I have done this in my country of birth," Johnson said.

Although she only intended to serve four years and get on with her life, she reconsidered to reenlist for duty at BAMC. She was often encouraged, with her education, to try for a commission, but not until she arrived here did she decide to give it a try, and was selected. Johnson is currently working on her master's degree, and when that's done, "The next mission will be my husband's degree," she added. Does he too plan to go for the "O"? "No," she replied. "He says he's going to be a sergeant major. He wants to keep being a soldier."

### ASD discusses soldiers' medical NBC issues

William Winkenwerder, Jr., Assistant Secretary of Defense for Health Affairs, spoke about the capability of the Military Health System to support military personnel in the event of a chemical or biological attack, in his first appearance before the House Committee on Government Reform since taking office. Winkenwerder discussed chemical and biological medical training, the DoD's medical supplies, and the DoD's role in the National Disaster Medical System.

### Military Personnel Division closes for training

To provide better customer service and process personnel actions in a timely and efficient manner, the Military Personnel Division will close Tuesday and Thursday afternoons each week from 2:30 – 4:30 p.m., for training.

If you have an emergency, dial pager number 513-9862.

## IMA chaplain praises BAMC ministry

By Chaplain (Lt. Col. ) William Shimkus  
Brooke Army Medical Center

As an Individual Mobilization Augmentee (IMA) chaplain, Brooke Army Medical Center is my "military home." I perform my annual training here and, in the event of mobilization; I would be assigned here for active duty.

In the civilian world, I am a parish pastor at Hope Lutheran Church in Idaho Falls, Idaho. In my previous experience, I have served with the staff chaplain's office of the 102nd Army Reserve Command, St. Louis, Mo., as chaplain for the 5503rd Combat Support Hospital, Columbia, Mo., and with the 520th Maintenance Battalion, St. Louis, Mo.

It was while performing annual training with the 5503rd at Fitzsimmons Army Medical Center, Denver, Co., that I got my first taste of Army hospital ministry. I found the experience to be so enriching that years later, when I was contacted by the then Health Services Command

chaplain's office about taking an IMA slot, I was immediately interested.

Years before that, I had a chaplain's assistant who thought that Fort Sam was "heaven on earth." When BAMC was mentioned as one of the possible places to which I could be assigned, I jumped at the chance. It's a decision that I have never regretted.

In my position as an IMA chaplain at BAMC, I have had a wide range of experiences. One of the real benefits of this assignment is that I've always felt like part of the team – whether working with my fellow chaplains, with medical staff on the wards, or while performing duty with the trauma team. I have seldom experienced that same sort of collegiality in civilian hospitals. The work is still very much "ministry," which is my calling, but is different enough from what I do on the other 50 weeks a year that I always come away from it energized.

I have also benefited greatly from a wide-variety of experiences

which I would never have "back home." I got to watch my Desert Storm roommate perform open-heart surgery. I have participated in a wide variety of trauma calls – each one unique. I have been able to provide support and encouragement to fearful patients facing surgery; to families feeling helpless in the face of a loved one's illness; and to staff members as they deal with their own individual hurts.

My experience here has helped me better understand and interpret what happens in a hospital to my parishioners back home and to appreciate the tremendous work that goes on there.

Over the years I've seen lots of changes. Many different chaplains and chaplain assistants have come and gone. Our ministry has moved from the "presidential suite" in the old Main Hospital and Beach Pavilion to the present BAMC. But the level of care and commitment by the staff here at BAMC has been uniformly excellent. I am proud to be part of the team!

### BAMC CHAPEL SERVICES

Monday-Friday Catholic Mass  
11 a.m.  
Wednesday Protestant Service, noon  
Sunday Catholic Mass  
8:30 and 11:15 a.m.  
Sunday Protestant Service  
10 a.m.

### BAMC Chaplain staff

Chief, Department of Ministry and Pastoral Care Chaplain (Col.) James Crews	NCOIC, Department of Ministry & Pastoral Care Staff Sgt. Joseph Copeland
Deputy Chief, Department of Ministry & Pastoral Care Chaplain (Lt. Col.) Gary Brown	Chaplain Assistants Spc. Faalefu Savusa Spc. Joshua Rousselow
Secretary, Mona Alloway	Spc. Arthur Woods
BAMC Brigade Chaplain Chaplain (Capt.) Wilfredo Santiago-Vargas	Supervisor-In-Training, Clinical Pastoral Education Program Chaplain (Lt. Col.) Alvester Gales
Deputy BAMC Brigade Chaplain Chaplain (Capt.) Gina Rochelle	Supervisor-In-Training, Clinical Pastoral Education Program Chaplain (Maj.) Harold Messenger,
Catholic Priest, Rev. James Schellenberg	NCOIC, Clinical Pastoral Education Program Staff Sgt. Jeffrey Hardeman



Making their mark

Work force awards and achievements reflect outstanding performance and commitment



Spc. Jeremy Slack  
CARES Award



James Bulgrin  
CARES Award



Jack DeCuennick, Red Cross volunteer at BAMC and Chairman of the Caremobile Unit here, accepts his Southwest Region Gold Star Award for exceptional performance as volunteer, from Dorothy Matecko, Chairman of the Red Cross Volunteers, San Antonio Area Chapter. DeCuennick was selected from among candidates from a five-state area.  
*Courtesy photo*

Military awards

**Legion of Merit**  
Col. Patricia DiMeglio

**Meritorious Service Medal**  
Sgt. 1st Class Craig Dyer  
Sgt. 1st Class Juanita Krueger  
Sgt. 1st Class John Westfall  
Sgt. 1st Class Robert Williams III  
Staff Sgt. Glenn Brown  
Staff Sgt. Jeffery Lanter  
Staff Sgt. Felix Ortizplaza  
Staff Sgt. Doris Prew  
Sgt. Raymond Persaud

**Army Commendation Medal**  
Lt. Col. George Dilly

Maj. Danny Ballenger  
Maj. Christine Edwards  
Maj. Robert Gerhardt  
Maj. Troy Johnson  
Maj. Michael Lane  
Maj. Joseph Williams  
Capt. Daniel Anthony II  
Capt. Kurt Brower  
Capt. Kimberly Enlow  
Capt. Richard Gochis  
Capt. Jennifer Hanson  
Capt. Wilfred Hinze  
Capt. Wendy Mello  
Capt. Brian Trawick  
Capt. Michele Ballister  
1st Lt. Jason Brookhart  
1st Lt. Jennifer Florent  
1st Lt. Jennifer Guenthner  
1st Lt. Pamela Stephens  
1st Lt. George Zeckler  
Sgt. Maj. Joey Collins  
Sgt. 1st Class James Daoust  
Sgt. 1st Class Mark Kenyon

Sgt. 1st Class George Sullivan  
Sgt. 1st Class Louis Ulmschneider  
Staff Sgt. James Baker  
Staff Sgt. David Driver  
Staff Sgt. James Dumas  
Staff Sgt. Michael Herring  
Staff Sgt. Michael Morrill  
Sgt. Perseanna Ford  
Sgt. Candace Gordon  
Sgt. Jisun Lim  
Sgt. Tywan McDavid  
Sgt. Delilah Ortiz  
Sgt. Cheryl Perretti  
Sgt. Travis Smith  
Sgt. Alaine Vorheier  
Sgt. Mohamed William  
Spc. Brenda Binegar  
Spc. Edwin Hernandez  
Spc. John Herrera  
Spc. Tracie Howell  
Spc. Jeromy Le Veck

**Army Achievement Medal**

Col. Charles McAllister  
Lt. Col. John Ekstrand  
Lt. Col. Kenneth Simcic  
Maj. William Frey  
Maj. Robert Frolichstein  
Maj. Stephen Harrison  
Maj. Dianne Helinski  
Maj. Eric Lawitz  
Maj. Kenneth LeClerc  
Maj. Timothy Murphy  
Maj. Thomas Rennie  
Sgt. 1st Class Jeffrey Dixon  
Staff Sgt. Milton Ramos  
Sgt. Hector Santiago  
Spc. Tina Degreenia  
Cpl. Michael Montano  
Spc. Anthony Rose  
Spc. Robert Westbrook  
Pfc. John Powell

Nutrition Care Division exceeds MEDCOM benchmark

Kudos to the BAMC Nutrition Care Division for exceptional successes reported during their recent Quality Management meeting.

- Safety issues:**
- Slips are down 40 percent from last FY and “other” accidents are down 50 percent
  - Lost days rate, due to on-the-job injury is 0.06 percent (19 days out of a possible 31,440 days)
- Dining Hall Satisfaction:**
- BAMC is 13 percent better than the MEDCOM benchmark for Variety, 11 percent better for Customer Service, and eight percent better for Overall Food. Our revenue generation is at an all time high.
- Patient Satisfaction:**
- BAMC is 12 percent better than the MEDCOM benchmark for Quality of Food and 11 percent better for Service.

**Room Service:**  
Eighty-six percent of trays are delivered in less than 25 minutes from phone request, and 97 percent in less than 35 minutes. NCD’s goal is 30 minutes from the time of the patient’s phone call. NCD handles the second highest volume of calls in a single department in BAMC, more than 5,850 per month.

King’s gifts bring enrichment to BAMC



Staff Sgt. Herman Andrews clearly felt the power and passion of Dr. Martin Luther King Jr.’s words from “I Have a Dream.” Andrews delivered excerpts from the famous speech during Martin Luther King Birthday celebration activities in the Medical Mall. The program was organized and produced exclusively by BAMC staff members with



Vernadette Lamanna pours out “Amazing Grace,” in a voice that brought cheers from the audience.



Shela Kinney’s gracious and expressive movements speak volumes in her “Praise Dance.”



BAMC staff members whose volunteer contributions made possible the moving and memorable King Birthday celebration received certificates and hearty appreciation from BAMC Commander Brig. Gen. Daniel Perugini (center) Right to left, Staff Sgt. Herman Andrews, Sgt. Lorna Lewis, Shela Kinney, Gerald Hightower and Vernadette Lamanna.

Satellite Tax Center  
at BAMC  
Room 513-14 and 513-15.  
Open to all beneficiaries  
Monday and Friday, 9 a.m. - 6 p.m.  
For more information, call Master Sgt.  
Mangra, 295-1040

Commercial Services at BAMC

Lower level, commercial corridor  
• Barber shop  
Hours: Monday - Friday, 7:30 a.m. - 4:30 p.m.  
Phone: 227-7280  
• Burger King- BK Express  
Monday - Friday, 7 a.m. - 8 p.m.  
Saturday 11 a.m. to 6 p.m.  
Phone: 229-9112  
• Eisenhower Bank- Full service  
Hours: Monday - Friday, 8 a.m. - 3 p.m.  
Phone: 223-6738  
• ATM Service  
Allways Bank machine  
SACU Bank Machine  
• Mini-Exchange  
Hours: Monday - Friday, 7:30 - 4:30 p.m.  
Phone: 229-9117  
• Flower Shop, 1st floor, Bed Tower  
Hours: Monday - Friday, 9 a.m. - 6 p.m.  
Phone: 222-8184  
• Post office  
Hours: Monday - Friday, 10 a.m. - 3 p.m.  
Mail pickup: 2:45 p.m.  
• Coffee Kiosk- Medical Mall  
Hours: Monday - Friday, 7 a.m. - 2 p.m.

Family Readiness  
Group Egg Hunt

Saturday, March 30, 1-4 p.m.  
Across from Building 3640, BAMC Brigade  
HQ. Pony rides, hot dogs, chips and soda, much,  
much more, and ...a special hopping guest!!!  
Lots of fun for the entire family.  
Tickets \$5 per family, available from your FRG  
Coordinator. All BAMC employees welcome.  
Children ages 1-12 bring your basket.  
For more information, call the BAMC Family  
Readiness Group Information Hotline, 916-7473.

The BAMC Homepage has a new Web address: www.BAMC.amedd.army.mil

BAMC night at the Alamo Dome, March 7. Spurs v. Houston. Tickets are \$14.50 (regular \$17.50). Only 400 tickets will be available for BAMC this year. Seating in Sections 105, 106, 140 and 141. Ticket sales will begin Feb. 14. Large groups planning to sit together should have one representative collect money and sign up for tickets so they will be purchased in seating blocks, and top simplify ticket distribution. Watch for updates on Outlook. For more information, call Public Affairs, 916-4437.

A good word from the DCA

BAMC was visited Jan. 24 by a surveyor from JCAHO in order to conduct a one-day "random unannounced survey" of the medical center. The scope of this survey included the following:  
-review of correction of previous Type I findings  
-survey of compliance with the most common Type I findings from nationwide surveys  
-review of our facility "statement of conditions" and our "plan for improvement"  
-review of progress toward compliance for "important" new standards  
- preparedness and patient safety  
Everyone should be pleased and relieved to learn that the report of the surveyor was very positive, although there were some findings and recommendations to which we will need to respond. Ms. Howard will coordinate with those areas involved to identify corrections and to prepare appropriate responses.  
You can be proud of your medical center and the services you continue to provide to the community. Thank you for all your efforts.  
Stephen Markelz, COL, MS  
Deputy Commander for Administration

"It's Not Easy Being Green"

March 1, 7:45 a.m. - 2:30 p.m.

Roadrunner Community Center,

Building 2792 Stanley Road

Topics include job strategy; customs and courtesy; media encounters; moving with school children; balancing career, family and community life; and open discussion sharing experiences and dispelling myths of military family life, and more. Guest speaker during lunch.

Registration deadline Feb. 22 - \$5 registration fee

Limited childcare available by arrangement

Call early for details-POC Kim Miller 221-2705. Registration forms at ACS or from your Family Readiness Group.

BAMC Junior Officer Council  
offers growth opportunity

By Capt. Ricky Norwood  
BAMC JOC

The Junior Officer Council (JOC) at Brooke Army Medical Center (BAMC) is seeking junior officers who are committed to mission accomplishment, community service, and adherence to the Army values to join and participate in the JOC's activities.

The mission of the JOC is to promote professional development and community service. The goals are to promote esprit de corps, improve morale among junior officers, assist in career and professional development, enhance professional skills, promote networking among junior officers, and improve the quality of life, in the BAMC, Fort Sam Houston, and San Antonio communities.

Past activities of the JOC include hosting a financial planning session,

collecting and participating in both a Thanksgiving Food Drive and Holiday Clothing Drive for the San Antonio Children's Shelter, participating in local Habitat for Humanity projects, and hosting a full day Professional Development Seminar for junior officers.

Future activities include additional professional development sessions, supporting various Fort Sam Houston functions, contributing to San Antonio community activities, and hosting the BAMC JOC 2nd Annual Professional Development Seminar.

The BAMC JOC meets every first Tuesday at 3:30 p.m. at BAMC. Any and all motivated junior officers are welcome. For more information, please contact Capt. Anna Foster, 916-1183; 1st Lt. Gabrielle Andreani, 916-3536, or 1st Lt. Judy Elsbury, 916-1616.

Junior Officer Professional  
Development Conference

The BAMC Junior Officer Council invites you to attend the 2nd Annual Junior Officer Professional Development Conference:

"ENDURING LEADERSHIP"

Tuesday, March 26 7:30 a.m. - 3 p.m., BAMC Auditorium

RSVP by March 20 to the following: Capt. Simmons, 916-0597, Capt. Foster, 916-1183, 1st Lt. Elsbury, 916-1616.



# ¿Que Pasa?



## Community events

### ***“Something’s Afoot” now showing at the Harequin Dinner Theatre***

The Harlequin Dinner Theatre is featuring “Something’s Afoot,” a musical Wednesday through Saturday evenings from now through March 23. Prices are \$26.95 on Friday and Saturday and 23.95 on Wednesday and Thursday. Military discounts are available. To make reservations, call 222-9694.

### ***18<sup>th</sup> Annual Diploma Dash/City Championship 5K Run, Feb. 23***

The University of Texas at San Antonio Alumni Association will host the 18<sup>th</sup> Annual Diploma Dash/City Championship 5K Run and Fitness Walk on Feb. 23 at the UTSA Convocation Center. For information, call 458-4133 or visit their web site [www.utsa.edu/alumi](http://www.utsa.edu/alumi).

### ***“Moving Mountains” author on hand to sign books at AAFES, Feb. 23***

Angie Drake, author of “Moving Mountains,” a woman’s story of Christian Faith, will be available to autograph her book on Feb. 23, from noon to 3 p.m. at the Main PX.

### ***AMSC hosts its annual Professional Development Symposium, Feb. 26-27***

The Alamo City Chapter of the American Society of Military Comptrollers will host its annual Professional Development Symposium Feb 26-27 at Retama Park in San Antonio. Personnel within the Comptroller career field are encourage to attend. Cost is \$125 for members and \$175 for non-members. ASMC is a DoD non-profit organization for Comptroller related career fields. For information contact Maj. Stephen Kent at 221-2870 or Chief Master Sgt. Nick Stradley, 652-4882.

### ***Federally Employed Women Legislative Breakfast, Feb. 27***

The Federally Employed Women in cooperation with IMAGE de Bejar, Mexican American Business & Professional Women and MANA invite you to attend a Legislative Breakfast, Feb. 27 from 8 to 10 a.m. at the Radisson Hotel Market Square, San Antonio. Elected Representatives from city, county, state and federal government will discuss issues on “Women in Government.” Tickets are \$15 per person, make checks payable to Alamo City Chapter FEW.

### ***Book Signing at AMEDD Museum Gift Shop, March 1***

Retired Brig. Gen. Clara Adams-Ender will be at the Army Medical Museum Gift Shop on March 1, to sign copies of her inspirational book, *My Rise to the Stars*, from 1 to 3 p.m. For more information call Cheryl Musket, Gift Shop Manager, at 225-0015.

### ***Rocks Inc. sponsors scholarship dinner and dance, March 1***

The Rocks Inc. is sponsoring their annual scholarship dinner and dance on March 1 from 7:30 p.m. till midnight at the Randolph Officers Club. This semi-formal event will feature retired Brig. Gen. Clara Adams-Ender as the guest speaker. Cost is \$ 20 per person. For information and tickets, call Lt. Col. John Morse at 916-1767.

### ***Celebrate Czech Heritage, March 3***

The Bexar County Czech Heritage Society will host a Czech Heritage Dance featuring Leo Majak and his orchestra on March 3 from 3 p.m. to 7 p.m. at the Martinez Social Club, 7791 FM 1346, San Antonio. Admission is \$6 for adults and children under 12 are free. For information call Lupe or Frank Jasek at 349-8979.

### ***Celebrate with historic Government Hill, March 9***

The community is invited to a Dance Festival celebrating historic Government Hill, March 9, from noon until 6 p.m. The festival will be held on New Braunfels Street between Grayson and Colita Streets. Enjoy live entertainment, a fashion show, artist displays, craft booths, food and dancing in the streets and more.

### ***“The Capitol Steps” showing at Laurie Auditorium, March 24***

The Barshop JCC Performing Arts Series presents the funniest musical political satire troupe, “The Capitol Steps” on March 24 at 7:30 p.m., Laurie Auditorium 715 Stadium Drive. Admission is \$50, \$45, and \$40 Orchestra and \$25, \$20 Balcony seats. For information call 302-6828 or purchase tickets through Ticketmaster at 224-9600 or the Laurie Auditorium Box Office.

## Volunteers needed

### **Calling all single soldiers to join BOSS**

The Better Opportunities for Single Soldiers Meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee is established at an installation to furnish soldier input to the commander, who uses committee recommendations as the basis for improving single soldier MWR programs and enhancing the quality of life. For more information, please contact the current BOSS president Spc. Jeffrey Briere at 637-2229 or Sgt. Lorna Lewis 916-3344.

### ***Botanical Center sponsors children’s garden***

The Spring Garden Session starts Feb. 23 and meets every Saturday from 9 to 11 a.m. until early June. This is a great opportunity for children ages 8 to 13 to learn about basic vegetable gardening from experienced gardeners. Topics taught include basic organic gardening, soil preparation, planting, watering and harvesting. Participants should be committed to attend every week. The registration fee is \$5. For information call the San Antonio Botanical Center at 207-3255.

### **Volunteers for Habitat for Humanity of San Antonio sought**

One hundred volunteers are needed for a Habitat for Humanity landscape project. Youth 14 and older and adults may join in this worthwhile project, which will be held on March 2 from 8 a.m. to 3 p.m. at Plaza Florecia are in San Antonio. Volunteers are needed to put sod, plant flowerbeds and other gardening projects. Interested volunteers should call William Kirkpatrick at 354-2176 or e-mail [habitat@hotmail.com](mailto:habitat@hotmail.com)

Runners sought for Washington D.C. Marathon  
Runners interested in joining a group to train for and to run the Inaugural Washington D.C. Marathon sched-

uled for March 24 should contact Sgt. Lorna Lewis via e-mail to [lorna.lewis@cen.amedd.army.mil](mailto:lorna.lewis@cen.amedd.army.mil) or call 916-3344 or 930-4426.

## In the classroom

### ***Job skills training for family members***

Family Member Employment Assistance provides resume and job search assistance with one-on-one counseling tailored to the needs of the individual. Training is computer and video-based allowing individuals to learn at their own pace. For an appointment, call Pat Fory at 221-0516. Openings exist for morning and afternoon training sessions.

### ***Learn more about benefits***

Soldiers whose Date Initially Entered Military Service (DIEMS) is on or after August 1, 1986, should attend a briefing on the Career Status Bonus, Reduced Retirement Plan and Thrift Savings Plan. Transition Services offers monthly briefings in Bldg. 2267 at 9 a.m. on the following dates: Mar. 12, Apr 16, May 14, June 11, July 16, Aug. 13 and Sept. 17, 2002. To attend a briefing or obtain more information, call 221-2467 or 221-0936.

### ***ESL classes taught at the Roadrunner***

English as a second language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program, and the Region 20 Education Center sponsor classes. To register, call 221-2418.

### ***Marriage Retreat set for March 1,2,3 in Kerrville, Texas***

The Chaplain Family Life Center is sponsoring a Marriage Retreat at the Inn of The Hills, Kerrville, Texas on March 1-3. Enjoy a weekend enhancing your marriage. For information call 221-5426 or e-mail [Ethan.Newlun@cen.amedd.army.mil](mailto:Ethan.Newlun@cen.amedd.army.mil)

### ***Home buying seminar, March 12***

The Family Housing Office will sponsor a home buying seminar at noon on March 12 at the Roadrunner Community Center, Bldg. 2797. Bring a sack lunch and enjoy an interesting and informative seminar. For more information, call 221-2341.

### ***School Age Services Spring Camp Registration begins Feb. 25***

The School Age Services will hold a Spring Camp March 11 through 15. The camp is open to children in grades 1-5 with a current Child and Youth Services Registration and there are limited spaces available. Cost will vary based on family income. Call 221-4466 for more information.

## Otras Cosas

### ***Apply for a TROA scholarship***

Military children of active duty service members are eligible to apply for The Retired Officers Association Scholarship program. Students must be under age 24 and working their first undergraduate degree. Grants are based on scholastic merit and leadership qualities, not financial need. To apply visit the web site: [www.troa.org](http://www.troa.org), look for “Educational Aid” on the opening page of the TROA web site. Deadline for submission is midnight March 1.

### ***USO offers free income tax preparation assistance for active duty service members***

The San Antonio USO is offering free income tax preparation assistance for active duty military personnel every Saturday through April 13 from 10 to 11 a.m. Appointments made be made by calling 227-9373. The USO Center is located at 420 East Commerce Street, downtown San Antonio.